

Prevention Pathways

Online Courses

Helping Someone Accept Alcohol Treatment

- **Stop all "rescue" missions.** Family members and friends often try to protect alcoholics and drug abusers from the results of their behavior. They make excuses to others or get them out of trouble. The alcoholic or drug abuser needs to face the consequences of his or her actions.
- **Time your intervention.** Plan to talk to the person shortly after an alcohol- or drug-related incident. Make sure the person is sober and you can talk one-on-one.
- **Be specific.** Tell the person you are worried about his or her drinking or drug use and want to help him or her get treatment. Back up your concern with examples of the ways in which his or her drinking or drug use has caused problems for both of you.
- **State the consequences.** Tell the person that until he or she gets help, you will do certain specific things to protect yourself. These may include refusing to go to events where there will be alcohol or even leaving the house. Then actually do the things you say you will.
- **Be ready to help.** Gather information in the community regarding help for drug and alcohol abusers, self-help groups, and other things you think may help. Offer to go to the first visit to the treatment program or an [Alcoholics Anonymous](#) or [Narcotics Anonymous](#) meeting.
- **Call on a friend.** If the person still refuses to get help, ask a friend to talk with him or her. Concern from more than one person often helps get the message across. If you know someone else who was recently in treatment and is successful in staying clean and sober, that person is in a good position to try to help if he or she is willing. 1

References

National Institute on Alcohol Abuse and Alcoholism, National Institutes of Health, "Frequently Asked Questions on Alcohol Abuse and Alcoholism," 2001.

<http://www.samhsa.gov/preventionpathways>